



HEALTH SCORE

100%

My Favorite Falafel Sandwich



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



1466 min.

SERVINGS



4

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings arugula for garnish



0.3 teaspoon cayenne pepper



4 servings cherry tomatoes halved for garnish



2 tablespoons freshly cilantro leaves chopped



2 cups chick peas dried



4 servings chick pea flour



1 tablespoon garlic minced



2 cloves garlic minced

- ☐ 3 tablespoons grapeseed oil for searing
- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion roughly chopped
- ☐ 1 tablespoon freshly parsley leaves chopped
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 4 servings onion red sliced for garnish thin
- ☐ 1 teaspoon salt
- ☐ 1 pinch salt and pepper black freshly ground
- ☐ 2 teaspoons paprika smoked
- ☐ 0.5 cup tahini paste
- ☐ 0.3 cup water
- ☐ 4 mediterranean flatbreads

Equipment

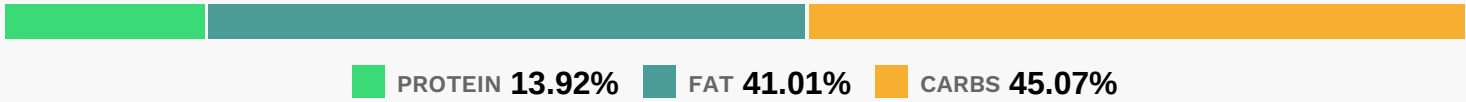
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a grill pan until hot.
- ☐ Drain the chick peas.
- ☐ Place in food processor along with cilantro, parsley, onion, cumin, cayenne, garlic, lemon juice, and salt and pepper. Pulse until well blended. Consistency should be in the form of a paste.

- ☐ Place mixture in a bowl and form into 2-inch patties (see Cook's Note).
- ☐ In a large skillet over medium-high heat, add grapeseed oil.
- ☐ Add patties and cook for 3 to 4 minutes on each side.
- ☐ Remove from pan and place on a paper towel lined platter to drain. Set aside and keep warm.
- ☐ To a hot grill pan, add flatbread to mark and warm on each side for 1 minute.
- ☐ Remove.
- ☐ Add 2 to 3 patties to each warm flatbread. Top with some arugula, tomato, onion and Smoky Tahini Sauce
- ☐ In a bowl, whisk all ingredients until a creamy consistency is reached.

Nutrition Facts



Properties

Glycemic Index:115.38, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:49.079999923706%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 854.66kcal (42.73%), Fat: 40.76g (62.71%), Saturated Fat: 5g (31.25%), Carbohydrates: 100.79g (33.6%), Net Carbohydrates: 77.28g (28.1%), Sugar: 17.01g (18.9%), Cholesterol: 0mg (0%), Sodium: 809.51mg (35.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.24%), Manganese: 3.23mg (161.61%), Folate: 644.19µg (161.05%), Fiber: 23.51g (94.04%), Copper: 1.61mg (80.63%), Vitamin B1: 1.18mg (78.6%), Vitamin K: 79.83µg (76.03%), Phosphorus: 744.02mg (74.4%), Vitamin C: 50.05mg (60.67%), Iron: 10.88mg (60.47%), Selenium: 37.68µg (53.83%), Magnesium: 199.51mg (49.88%), Vitamin B6: 0.91mg (45.7%), Potassium: 1549.91mg (44.28%), Vitamin E: 6.37mg (42.44%), Zinc: 5.89mg (39.26%), Vitamin A: 1866.92IU (37.34%), Vitamin B3: 5.43mg (27.17%), Vitamin B5: 2.25mg (22.53%), Calcium: 209.46mg (20.95%), Vitamin B2: 0.35mg (20.62%)